

NCCU Is Reaccredited By Regional Association

North Carolina Central University's accreditation by the Southern Association of Colleges and Schools, the principal accrediting agency for colleges and universities in the southern United States, has been reaffirmed.

The action was taken Tuesday, December 11, at the association's annual meeting in Atlanta, Georgia.

The Southern Association reevaluates the accreditation of colleges and universities every ten years. The process includes a self-study by the institution and an on-site visit by a team of educators and educational administrators from other institutions in the region.

North Carolina Central University's self-study and the inspection by the visiting team were completed during the 1978-79 academic year.

NCCU had been granted permission to conduct a "non-traditional" self-study. Such permission is given to institutions which have consistently met basic requirements for accreditation. The schools conducting non-

traditional self-studies design their own self-study program to meet what they consider their own special needs.

North Carolina Central's self-study was the design and implementation of a new planning and budgeting system, intended to achieve more involvement by faculty and staff members in the planning process and to bring budget requests more into line with long-range plans.

The visitation committee evaluated the university on the basis of its effectiveness in accomplishing the goals of the non-traditional self-study. A list of recommendations and suggestions for improvement of the planning design was generated by the committee.

Tuesday's action, the formal reaccreditation, represented the approval of the member institutions, through their representatives, of the visitation committee's favorable report on the university.

Representing NCCU at the Southern Association meeting was Dr. Cecil L. Patterson, Vice-Chancellor for Academic Affairs.

FSU Women To Present Workshop

The Center for Continuing Education at Fayetteville State University received a grant from Title I, HEA, General Administration, University of North Carolina at Chapel Hill for a "Women in Transition Project." The objectives of the Project are to increase job seeking skills of participants; to provide counseling services to participants in identifying immediate and long range goals and career assessment; to explore traditional and non-traditional attitudes to society and the barriers of women's advancement in jobs versus careers; to identify strategies and skills for moving up and to provide an awareness of personal potential. Counseling will be provided.

A series of twelve workshops will be provided. Participants attending 85 per cent of the workshops will receive 3.3 CEU's. The cost of all twelve workshops is \$10. Individual workshops will be \$2 each.

The first workshop of the series is Life/Career Planning which will be held on Thursday, December 13 from 6 p.m.

to 9 p.m. in the Center for Continuing Education, Fayetteville State University.

Women are entering the labor force in greater numbers yearly yet they continue to find themselves in low paying female dominated fields. Women must plan and take responsibility for their own career progression.

In this workshop participants will assess their needs, interests and abilities in relation to the world of work. Goal setting and decision making skills will be presented to facilitate each participant developing a career path consistent with their needs.

Ms. Judith D. Homer will conduct the workshop. She is director of the Life-Span Center at Salem College in Winston-Salem. She received her B.S.N. degree from the University of Michigan and M.A.Ed. degree in Counseling and Psychology from Wake Forest University and additional training in such areas as Career Planning and Leadership Training.

For additional training call 486-1221.

Christmas Is Time To Be With Family

Make Christmas a time to be with the family, not with the kitchen stove.

Christmas family and company meals are more fun and festive without the last minute rush.

A little pre-planning and preparing of foods ahead of time can help you spend more of the holidays out of the kitchen, say specialists with the North Carolina Agricultural Extension Service.

You can put into practice some tips and tricks which are fine for any time, but are especially good for holiday seasons.

Before Christmas week, get the whole family in on the planning. This is the time to plan for meals that the entire family will enjoy and delight in preparing. Make each member of the family responsible for certain jobs now and later.

Plan grocery lists and shop early. Be sure to check table

linens, silver, dishes and cooking vessels. Have them clean and ready to use.

Some things can be done before Christmas week. You can wash vegetables and fruits and store in a plastic bag; prepare bread for dressing, bread crumbs and cracker crumbs for casseroles and other dishes, cookie crumbs for pie shells and other desserts, make no-cook candies and spiced nuts and make fruit balls by mixing ground dates, raw prunes, raisins, dried figs and nuts.

Christmas is the time to give your dishes the finished touch.

Food can be made most appealing with a touch of the right garnish such as parsley, turnip tops or other green leaves, carrot curls, radish roses, onion and pepper rings, tomato wedges, paprika, colored sugar, colored coconut and fancy fruits.



WASHINGTON — Senator Edward Kennedy, D-Massachusetts, and Representative Shirley Chisholm are all smiles on December 5 after the New York Democrat announced her support for Kennedy who is seeking the Democratic presidential nomination. UPI Photo

Dillard University President Gets ADL Award

NEW ORLEANS, La. — Dr. Samuel DuBois Cook, president of Dillard University, was one of two recipients of the 1979 Torch of Liberty Awards by the Anti-Defamation League of B'nai

B'rith, Se. J. Bennett Johnson, (D-La.) was the other recipient.

The presentations were made at the awards dinner of the Anti-Defamation League at the Royal Sonnes-

ta Hotel. This marked the seventh consecutive year the Silver Torch of Liberty was presented in New Orleans. Ephraim Evron, Israeli ambassador to the United States, also attended the dinner.

The awards were presented to Dr. Cook and Sen. Johnston. "In recognition and appreciation of distinguished service and inspiring leadership in pre-

serving liberty, counteracting bigotry and advancing the cause of human rights, dignity and equal opportunity."

Alan Borjes, co-chairman of the event, in announcing the selections of Cook and Johnston, said, "These two men have stood on the leading edge of a generation of Southerners who had the courage to question racism of the past, while charting new paths for the future. In the early 1960s,

Dr. Cook stood shoulder-to-shoulder with his friend, Dr. Martin Luther King Jr., as part of the civil rights movement.



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The Active Consumer READ THE LABEL

Do you know how to get the most from your non-prescription medicines? Knowing how to read the label properly can help your medications do a better job helping you get better. The non-prescription medicines industry offers these hints for proper self-medication:

The most important part of the label is "Directions for use." This gives the recommended dosage, how much, how often and how long to use the medicine,

and in some instances, when not to use it.

— Watch for new information listed on the label. Usually, the manufacturer will "flag" ingredient or other changes on the front panel of the product by such words as "see new formula" or "see new directions."

— If you have any questions that the label does not appear to answer, don't take chances—talk to your physician, dentist or pharmacist.

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